

# M.I.A.S. BULLETIN

A COMMUNICATION FROM THE MONROE INSTITUTE OF APPLIED SCIENCES

#C40480

## THE CREATIVE WORKSHOPS

These meetings are designed to enhance the abilities of the artist, musician, and writer to a new level of perception and synthesis, yet provide a balance whereby such abilities are converted into tangible result. This is achieved primarily through the use of the HEMI-SYNC process. (See M.I.A.S. Bulletin #PR31380H).

It is not the aim of such workshops to teach the student how to paint, play a musical instrument, compose a musical score or lines of poetry. It presumes the student has learned such techniques to his own desired degree. Rather, the sessions provide stimulus for innovation, organization, inspiration, and other forms of creativity, and offer the opportunity of immediate expression.

The typical Creative Workshop is held at the Institute Center in Nelson County, Virginia, over a long weekend, from Thursday evening through Sunday afternoon. Meals and housing in the Center are included.

During fixed periods during the day and evenings, different systems of audio synchronous hemispheric stimulation are offered. The student, by experiencing directly such stimulae, determines which pattern is most effective for his individual needs. He does this by expressing his own creativity during or immediately following any HEMI-SYNC period of stimulation. After several such sessions, or exercises, the student learns to re-establish at will his own hemi-sync state, much as takes place in bio-feedback methods.

In actual practice, for example, an artist experiences hemi-sync for 30 to 45 minutes while wearing audio headphones and lying in a Center CHEC unit. (Controlled Holistic Environmental Chamber). Immediately thereafter, he rises and goes to his easel, canvas and paints, then reduces to visible illustration his hemi-sync state. In previous applications, significant paintings, musical compositions, and books have been produced with unusual success.

Those attending the Creative Workshops are expected to bring their own materials, such as oils, canvas, music manuscript paper, instruments, portable typewriters and notebooks and paper. Audio recording, still photography, keyboard facilities, and easels will be available during the Workshop.

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Registration fee for the Creative Workghop is \$275. which includes food, housing, all instruction, and airport pickup service. For further information or reservation, write or telephone

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